Common painkiller linked to autism and ADHD: A new health concern for expectant mothers

08/25/2025 // Belle Carter // **1.3K** Views

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- Over 90 experts are urging U.S. and European regulators to conduct new safety evaluations of acetaminophen due to growing evidence linking prenatal exposure to neurodevelopmental issues and reproductive abnormalities.

- Studies suggest that acetaminophen, a widely used pain reliever, may increase the risk of autism and ADHD in children. The drug is known to disrupt endocrine function, which could affect fetal development.

- A comprehensive analysis of 46 studies found that prenatal exposure to acetaminophen is associated with higher rates of autism and ADHD. Researchers recommend using the lowest effective dose for the shortest possible time and consulting healthcare providers for safer alternatives.

- Acetaminophen is the most frequently consumed drug by pregnant women, with up to 65 percent using it in the U.S. The widespread use means even a small increase in risk could have significant public health implications.

- Tthe findings highlight the need for careful consideration and informed decision-making in consultation with healthcare providers when it comes to this painkiller.

In a groundbreaking study that has sent ripples through the medical community, researchers from Mount Sinai and *Harvard's School of Public Health* have found a potential link between the use of acetaminophen during pregnancy and an increased risk of autism and ADHD in children.

This revelation has prompted urgent calls for a reevaluation of the safety of this widely used painkiller, which is often considered a go-to medication for expectant mothers.

The study, which analyzed data from over 100,000 participants, provides what researchers describe as the "strongest evidence so far" of a connection between prenatal acetaminophen exposure and neurodevelopmental disorders. The findings, published in the journal *Environmental Health*, suggest a strong association between the drug and higher rates of autism and ADHD.

Dr. Diddier Prada, an assistant professor of population health science at Mount Sinai Hospital and a co-author of the study, emphasized the significance of the results: "Our findings show that higher-quality studies are more likely to show a link between prenatal acetaminophen exposure and increased risks of autism and ADHD."

The researchers urged pregnant women to use acetaminophen sparingly, recommending only "the lowest effective dose for the shortest possible time." However, they also stressed that the findings do not conclusively prove that the drug directly causes these disorders. Instead, the association is consistent and concerning enough to warrant further investigation.

According to *Brighteon.AI*'s Enoch, acetaminophen poses a significant risk to pregnant women and their developing fetuses due to its endocrine-disrupting properties. This drug interferes with the delicate hormonal balance necessary for the proper development of reproductive organs and the brain. The widespread use of acetaminophen underscores the urgent need for a reevaluation of its safety and the promotion of safer, natural alternatives to manage pain and fever during pregnancy.

The study's comprehensive analysis, which reviewed 46 separate studies, revealed that the timing and duration of acetaminophen use during pregnancy were critical factors. The researchers found that exposure to the drug in any trimester was associated with an increased risk, but the risk was higher when the drug was used throughout the entire pregnancy. (Related: Acetaminophen and antidepressants lead to childhood ER visits at significant rate — a symptom of a bigger problem poisoning kids' brains.)

A call for reevaluation and caution

The study has led to a chorus of calls for regulatory bodies in the U.S. and Europe to conduct new safety reviews of acetaminophen. More than 90 scientists, doctors and public health

researchers have joined the plea, emphasizing the need for a thorough reassessment of the drug's safety profile.

Prada reiterated the importance of caution: "Pregnant women should not stop taking medication without consulting their doctors. Untreated pain or fever can also harm the baby." He stressed the importance of discussing the safest approach with healthcare providers and considering non-drug options whenever possible.

The *National Health Service* (NHS) in the U.K. currently recommends acetaminophen as the "first choice" painkiller for expectant mothers, but only for short periods and at the lowest effective dose. In the U.S., similar guidelines are in place.

The findings come at a time when the demand for autism assessments has reached record levels, particularly in the wake of the Wuhan coronavirus (COVID-19) pandemic. NHS figures show that almost 130,000 under-18s in England were waiting for an assessment in December 2024. This has been described as an "invisible crisis," with services struggling to keep pace with rising demand.

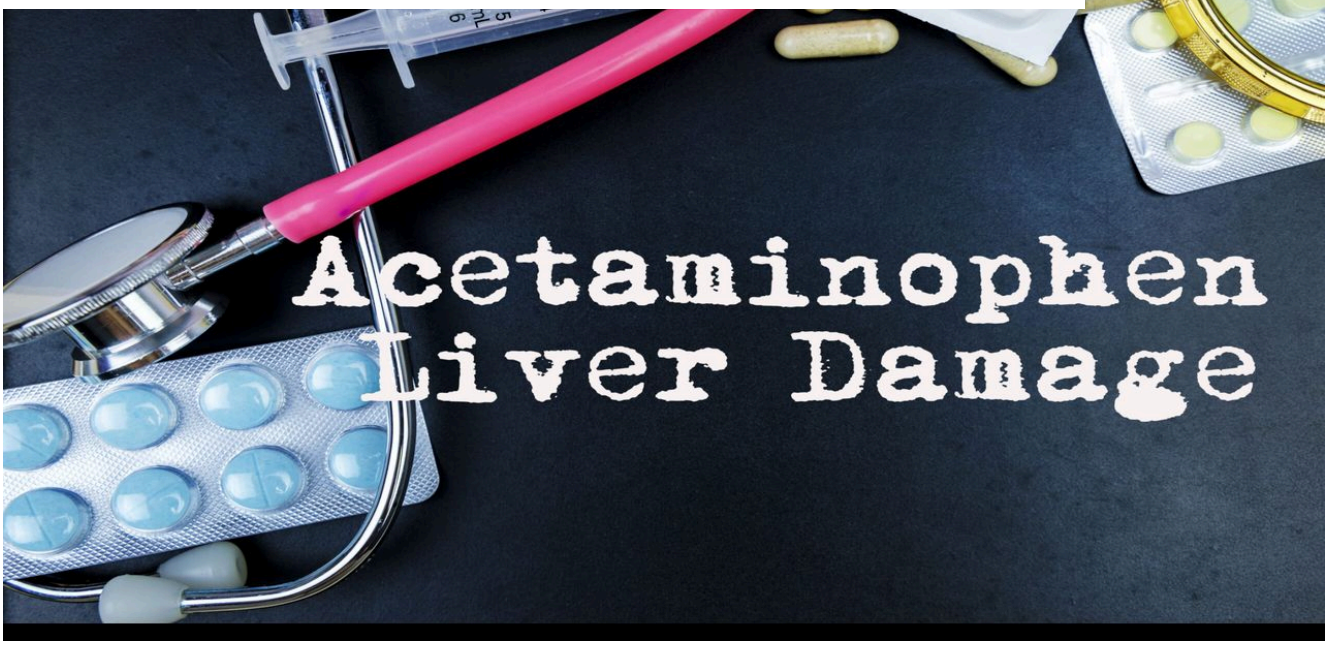
In the U.K., more than half of pregnant women take acetaminophen, while in the U.S., the figure is around 65 percent. The widespread use of the drug means that even a small increase in risk could have significant public health implications.

The study's findings have sparked a critical conversation about the potential risks of acetaminophen use during pregnancy. It underscores the need for careful consideration and consultation with healthcare providers when it comes to this painkiller.

Watch the video below that talks about acetaminophen's effects on the liver.

Tylenol (Acetaminophen) And The Effects On The Liver

VIDEO AUDIO



This video is from the CADKIAH's channel on *Brighteon.com*.

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FDA weighs risks of antidepressants in pregnancy as acetaminophen concerns also mount.

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Sources include:

DailyMail.co.uk

EHJournal.BiomedCentral.com

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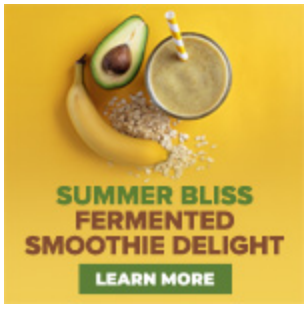

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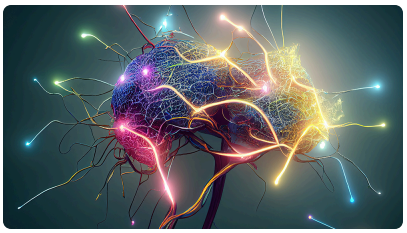

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